

Clean Water Project



UPDATE: 03/9/2025

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 36



Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.



Phuoc Kim Ethnic Primary and Secondary School is located in Phuoc Son district, Quang Nam province, where over 280 students and staff will have access to clean water. Please

click on the link below to watch the video of our Clean Water project at Phuoc Kim Ethnic Primary and Secondary School: <https://youtu.be/N0ZFpvJN>



UPDATE: 14/9/2025

LIFESTART FOUNDATION - LATEST NEWS

#CLEAN_WATER PROJECT NUMBER 37



Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation.

Huong Tra Kindergarten is located in Bac Tra My district, Quang Nam province, where students and staff will have access to clean water. Please click on the link below to watch the video of our Clean Water project at Huong Tra Kindergarten: <https://youtu.be/qz3YA-TaMYE?si=0xiq6Vvd5pNqOu47>



UPDATE: 26/10/2025

**LIFESTART FOUNDATION -
LATEST NEWS**

**#CLEAN_WATER PROJECT
NUMBER 38**

Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation

Anh Hong Kindergarten is located in Phuoc Son

district, Quang Nam province, where 400 students and staff will have access to clean water.

Please click on the link below to watch the video of our Clean Water project at Anh Hong Kindergarten: <https://youtu.be/gztyZfUatoY>



UPDATE: 23/11/2025

**LIFESTART FOUNDATION -
LATEST NEWS**

**#CLEAN_WATER PROJECT
NUMBER 39**

Providing clean water for over 19,200 students to 48 remote schools in Central Vietnam. Proudly made possible by Lifestart Foundation and Karma Foundation

Que Xuan Mot Primary School is located in Que Son district, Quang Nam province, where 290 students and staff will have access to clean water.



Please click on the link below to watch the video of our Clean Water project at Que Xuan Mot Primary School: https://youtu.be/9A_J6k12M20?si

Education



UPDATE: 06/9/2025

A JOURNEY OF RESILIENCE AND ACHIEVEMENT - MEET LUAN

From a determined young student in Grade 6 to a dedicated healthcare professional - Luan's journey has been nothing short of inspiring.

Luan was awarded his Lifestart Foundation Secondary School Education Scholarship when he was in sixth grade. It's been a long and meaningful road since he first received his scholarship - and today, we are over the moon to share his remarkable progress.

He is now a graduate of the Ho Chi Minh City University of Medicine and Pharmacy, majoring in Pharmacy, and currently working at the Quang Nam Provincial Drug Rehabilitation Center.

In his current role, Luan is responsible for a wide range of duties directly tied to his field - from admitting patients with drug addiction, dispensing medications, and managing medical records to overseeing all healthcare-related services at the center. His work is crucial in ensuring patients receive consistent, compassionate, and professional care throughout their rehabilitation process.

Luan's journey has not been easy. When he was just seven years old, he lost his father, and his family faced serious financial hardship. But Luan never gave up. With the support of his Lifestart Foundation scholarship, he was able to stay focused on his education and build a brighter future for himself and his loved ones.

Today, Luan is dedicated to using his knowledge to serve the community, improve public health, and help individuals recover and rebuild their lives.

We are incredibly proud of Luan and all that he has achieved. His story is a testament to the power of perseverance, purpose, and the life-changing impact of opportunity.

We warmly invite you to read his letter of appreciation:

<https://www.lifestartfoundation.org.au/2025/12/18/luans-gratitude-letter/>

You can read more about Luan in the links below:

- Introducing Luan: <https://www.facebook.com/photo/?fbid=890879524290901>
- Luan accepted to University: <https://www.facebook.com/TheLifestartFoundation>

MEET ALL OF OUR UNIVERSITY STUDENTS AND GRADUATES HERE: <https://Uni-Students>

Liking our page or sharing and liking this post will help to spread the word.

If you like and support what Lifestart Foundation is doing across so many projects please consider a donation, joining our Monthly Members Club, or running a fundraising event for us www.lifestartfoundation.org.au



UPDATE: 20/9/2025

MEET NEW LIFESTART FOUNDATION'S SCHOLARSHIP STUDENT MINH - A TOP STUDENT WITH A BIG HEART AND EVEN BIGGER DREAMS

Lifestart Foundation is honored to welcome a truly special young student into our growing family of scholarship recipients.

Meet Thuy Minh, a student from Quang Nam whose quiet strength, resilience, and deep love for her family have deeply touched our hearts. Despite growing up in a family facing substantial financial hardships, she continues to shine with academic excellence and

unshakable determination.

Minh is currently ranked #1 in her class, and she was proudly awarded Second Prize in the Contest for Excellent Students in English at the provincial level. English is not only her favorite subject but also the one she excels in the most!

Minh's strength lies in her perseverance – she believes that through education, she can help lift her family out of poverty. Her dream? To become a teacher, support her aging parents, and give them the chance to travel and live comfortably – things they've never experienced before.

Living in a household of multiple generations, Minh also devotes 2 hours daily to household chores while maintaining 7-8 hours of self-study. Despite her family's income being modest and unpredictable, she studies hard with incredible resolve – even taking free tutoring from a retired teacher to keep up her performance.

When asked why she should receive this scholarship, Minh humbly said:

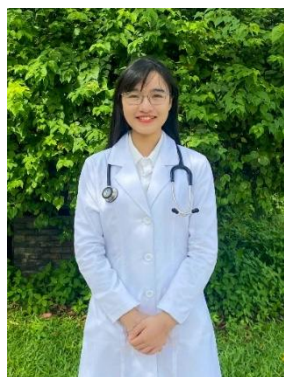
"I believe I have the potential to grow and thrive if given the opportunity. What I lack in resources, I make up for with my will to learn and succeed."

Your support makes stories like Minh's possible. Without financial assistance, she may not have had the opportunity to continue school. But now, thanks to the generosity of donors like you, Minh can keep pursuing her education and building the life she dreams of - for herself, and for those she loves most.

Together, we are not just funding education — we are planting hope, changing futures, and breaking the cycle of poverty.

We warmly invite you to read her letter of appreciation:

<https://www.lifestartfoundation.org.au/2025/12/18/minh-letter/>



UPDATE: 27/9/2025

A MEDICAL RESIDENT IN THE MAKING

AN UPDATE FROM DOCTOR HOAI: A JOURNEY OF RESILIENCE AND EXCELLENCE IN MEDICINE

Dr. Hoai, a dedicated young doctor, is a true testament to the transformative power of education. Her path to a successful medical career has been shaped by the Lifestart Foundation scholarship she received in 2018.



Coming from a humble family of five, Dr. Hoai faced significant financial challenges. Her grandmother could not work, and her father's injuries limited his ability to support the family. Meanwhile, her mother worked as a rice farmer and seasonal laborer to provide for Hoai and her brother, who was studying

architecture. To cover educational costs, the family often relied on loans.

Despite these obstacles, Dr. Hoai excelled in her studies, graduating with High Distinction in General Medicine at Hue University of Medicine and Pharmacy and ranking second among 467 students with an impressive GPA of 3.71/4.0. She passed the highly competitive Residency Doctor exam and is now pursuing her passion for Internal Medicine at the University of Medicine and Pharmacy in Ho Chi Minh City.

Now in her second year of residency, Dr. Hoai continues to thrive both academically and professionally. Her journey from student to practicing doctor was initially filled with uncertainty and pressure, especially when confronting complex and unfamiliar cases. However, through her daily work at Cho Ray Hospital, Vietnam's largest general hospital in the south, she has adapted remarkably. Under the close mentorship of senior doctors, she performs clinical duties from early morning to evening, including two to three night shifts per week. Although the schedule is intense, she has grown tremendously - gaining confidence in diagnosis, communication, and problem-solving.

Dr. Hoai also actively engages in weekend Internal Medicine classes, prepares professional presentations, attends specialized workshops, and participates in hospital department meetings. These opportunities allow her to deepen her understanding of areas such as gastrointestinal diseases and anti-coagulation strategies while enhancing her research and presentation skills. She even helps guide junior medical students during clinical rotations, which has strengthened her leadership and teaching abilities.

In addition to her demanding clinical workload, Dr. Hoai contributes to community health programs, offering free checkups and consultations in underserved areas. She has also taken part in rare clinical case studies and academic research projects, further developing her expertise. To stay up to date, she focuses on learning English medical terminology and improving her speaking skills - particularly helpful when caring for foreign patients.

Looking ahead, Dr. Hoai is determined to complete her advanced certifications in Internal Medicine, develop soft skills like leadership and communication, and finalize her graduate thesis. Her ultimate goal is to become a well-rounded, compassionate, and competent doctor, able to contribute meaningfully to Vietnam's healthcare system.

Dr. Hoai's journey is a powerful example of how education and perseverance can overcome adversity. She remains deeply grateful to the Lifestart Foundation and her sponsors, whose unwavering companionship has helped her reach this point. We are incredibly proud of her achievements and know she will continue making significant contributions to the medical field.

You can read more about Dr. Hoai here:

- Introducing Hoai: <https://www.facebook.com/TheLifestartFoundation/posts/>
- Lifestart Foundation Medical Scholarship's success story: <https://www.facebook.com/7129>
- Hoai graduates with Top honor: <https://www.facebook.com/730050472488534>
- Hoai graduates and passes the Residency exam: <https://www.facebook.com/photo/?fbid=>



UPDATE: 04/10/2025

LIFESTART FOUNDATION INTRODUCES BINH AN – DOCTOR OF THE FUTURE

At the heart of every great doctor is a calling. For Binh An, that calling began within his family and has guided him toward remarkable achievements.

Lifestart Foundation has recently partnered with **Relats Vietnam**, a globally recognized leader in electrical and thermal insulation solutions. Thanks to their generous donation, Lifestart Foundation is able to support a financially disadvantaged General Medicine student in pursuing his education and lifelong dream of becoming a doctor.

After a rigorous selection process, Lifestart Foundation is proud to introduce Binh An as a deserving recipient of the scholarship. Despite many family and financial challenges, he has shown remarkable resilience and commitment to his studies over the past two years at university. His efforts paid off with a **perfect GPA of 4.0/4.0** in the second semester of his second year - an outstanding achievement! Alongside his studies, he also works part-time as a tutor to ease the burden on his low-income family.

Behind An's achievements lies a powerful motivation. Having cared for a family member during illness and witnessed others coping with loss, An developed a profound respect for the medical profession. He now aspires to become a **Cardiologist**, determined to help patients with heart conditions who are in difficult circumstances.

"I believe I can help more people stay with their loved ones and, most importantly, dedicate myself to the noble mission of saving lives."

What makes An stand out is not only his academic excellence but also his character. He is approachable and kind-hearted, always willing to listen and support others, and someone who believes in taking action rather than just words.

Lifestart Foundation is proud to support Binh An on his journey, and we believe his story will inspire many. The entire team is deeply grateful to Relats Vietnam for making it possible for students like An to pursue their dreams and, in turn, improving health and bringing hope to patients in need.

Please click on the link below to read more about Lifestart Foundation's special meeting with Relats Vietnam: <https://www.facebook.com/TheLifestartFoundation/posts/pfbid0HeqiKDRvyY>

We warmly invite you to read his letter of appreciation:
<https://www.lifestartfoundation.org.au/2025/12/18/ans-gratitude-letter/>



UPDATE: 10/10/2025

DOCTOR OF THE FUTURE: MEET NGOC MY

At Lifestart Foundation, we believe education is the most powerful tool to break the cycle of poverty for future generations. Our Education Scholarships are our largest and most vital project, and we are committed to nurturing talented young minds, especially those dedicated to the health sector.

Lifestart Foundation is delighted to welcome Ngoc My, another outstanding General Medicine student at Hue University of Medicine and Pharmacy, into the Lifestart Foundation Scholarship family.

Ngoc My hails from a poor farming family in Nghe An. Her father suffers from a long-term health condition that prevents him from working, making her mother the sole breadwinner. Her mother works tirelessly, taking on manual labour wherever she can find it - farming, selling rice, carrying clams, and washing dishes.

Before receiving our support, My struggled just to afford a healthy meal, often surviving on as little as 30,000 VND (approximately \$1.80 AUD) per day, sometimes eating only leftover rice and sesame seeds. To cover her living expenses, she had to work part-time as a tutor, which took time away from her studies.

Despite these extraordinary hardships, My has consistently excelled in her academics, earning recognition for Excellent performance for many semesters.

Beyond the classroom, My actively participates in meaningful volunteer activities such as offering free medical check-ups and medicine to disadvantaged communities, supporting patients through the Patient Support Club, and bringing warmth to children and families in need through various university programs.

My's biggest dream is to become a Paediatrician who can care for children and to support others facing circumstances similar to her own. With remarkable resilience, perseverance, and teamwork skills, she is steadily working toward this goal.

The Lifestart Foundation full scholarship has been truly life-changing for My. It covers all her tuition, books, rent, and food allowance, lifting an enormous financial burden from her and her family's shoulders.

This support has given My the freedom and motivation to focus entirely on her studies, enabling her to reach her dream of becoming a skilled doctor. She can now look forward to a future where she can financially assist her parents, support her younger sister's education, and give back to her community.

Please join us in congratulating and welcoming My to our program! We look forward to watching her progress and sharing more updates in future posts.

Upon receiving the scholarship, My wrote a heartfelt **Letter of Gratitude**, sharing more about her personal journey and life as a medical student.

We warmly invite you to read her letter of appreciation: <https://ngoc-my-gratitude-letter/>



UPDATE: 11/10/2025

A STANDOUT SEMESTER FOR LIFESTART FOUNDATION SCHOLARSHIP STUDENT NHAN

We are delighted to share the outstanding academic results of Nhan, one of our long-term Lifestart Foundation Education Scholarship students.

Nhan has been a full scholarship recipient since Year 10 and is now in her fifth year of **General Medicine at Danang University of Medical Technology and Pharmacy**.

Despite her disadvantaged background, she continues to shine brightly through her hard work and determination.

Academic Excellence

In the second semester of her fourth year, Nhan took on a demanding course load that included Scientific Research, Imaging Diagnosis, Pediatrics I & II, Rehabilitation, Obstetrics & Gynecology I & II, Community Internship and Pre-clinical II. Through immense dedication – often studying up to 14 hours per day during exams – she achieved a **perfect GPA of 4.0**.

Competition Success

Nhan's achievements extend beyond the classroom. She proudly won **Second Prize** in the Internal Medicine Race, jointly organized by her university clubs and the Youth Union. She also earned the **highest national score** in the Basic Internal Medicine I (Cardiology & Respiratory)

category at Y Du Kí (Medical Journey), a prestigious online competition organized by the University of Medicine and Pharmacy in Ho Chi Minh City.

Resilience and Determination

Nhan grew up in a large family of seven, supported by her hardworking rice farmer parents. Both her mother and father labor daily in the fields to provide for their children, while also carrying the added burden of her father's long-term hypertension and costly medication. These challenges have only fueled Nhan's commitment to study harder and to create a better future for her family.

Nhan's story is one of perseverance, brilliance and hope. We are immensely proud of her incredible success and inspired by her unwavering effort. With her talent and work ethic, Nhan is on a promising path to becoming an outstanding doctor who will give back to her community.

Congratulations, Nhan! Lifestart Foundation is cheering you on every step of the way.

If you want to read more about Nhan, please click here:

- Introducing Nhan – New LSF Scholarship Recipient: <https://www.facebook.com/TheLifestartFoundation/photos/a.807145369330974/>
- A Bicycle Donation for Nhan: <https://www.facebook.com/TheLifestartFoundation>
- Home Improvement Project for Nhan: <https://www.facebook.com/TheLifestartFoundation>
- Meet Nhan – Doctor of the Future: <https://www.facebook.com/photo/?6>



UPDATE: 12/10/2025

INTRODUCING LIFESTART FOUNDATION'S NEW SCHOLARSHIP STUDENT

COURAGE BEYOND CIRCUMSTANCE: NAM'S JOURNEY TO BECOMING A FUTURE DOCTOR

We are proud to announce that Lifestart Foundation has awarded a new Educational Scholarship in General Medicine to Nam, a student at Hue University of Medicine and Pharmacy.

Nam's journey is one of resilience, sacrifice, and determination. Hailing from a large farming family in Quang Nam province, Nam has faced many challenges - from walking long distances to school and studying under a leaky roof, to working part-time jobs and living on just eggs and tofu to save money.

Despite these hardships, he has never given up. He's maintained solid academic performance and is an active member of the Obstetrics & Gynecology Club and various community projects like the Living Blood Bank and the "Raising a Child" project in Hue.

This scholarship will help Nam continue his medical education and ease the financial burden on his family, who have made countless sacrifices so he could study.

“Being born into this family is my greatest blessing,” Nam writes. “I want to study hard, become a good doctor, and help others the way my family has helped me.”

Nam believes that success is not measured only by academic results, but by the values one upholds and the lives one touches. With clear goals and grounded motivation that he shared in his letter of gratitude below, he represents the very spirit of resilience and social responsibility that Lifestart Foundation is proud to support.

Let’s celebrate Nam’s well-deserved achievement and cheer him on as he continues this meaningful journey!

We warmly invite you to read his letter of appreciation:

<https://www.lifestartfoundation.org.au/2025/12/18/nams-gratitude-letter/>



UPDATE: 18/10/2025

WELCOME NEW LIFESTART FOUNDATION SCHOLARSHIP STUDENT - KIM XUAN

#Educating young Central Vietnamese students to reach their potential.

We are delighted to welcome Kim Xuan as one of the newest recipients of the Lifestart Foundation Scholarship. Xuan is a bright and determined student who has consistently earned the title of Excellent Student throughout her educational journey.

Life has not been easy for Xuan and her family. Her mother is the sole breadwinner, supporting three children on a modest income of only 6 million VND (approximately \$352 AUD) per month. Despite these challenges, Xuan remains focused and passionate about her studies, especially Chemistry and Maths.

After receiving the full Lifestart Foundation Education Scholarship, Xuan’s life has taken a positive turn. A heavy burden has been lifted from her and her family, allowing her to focus fully on her studies.

With her dream of becoming a doctor now much closer, Xuan remains deeply committed to helping others and building a brighter future for her family.

We are proud to welcome Xuan to the Lifestart Foundation family and look forward to supporting her every step of the way on this inspiring journey.

We warmly invite you to read her letter of appreciation:

<https://www.lifestartfoundation.org.au/2025/12/18/xuans-gratitude-letter/>



UPDATE: 25/10/2025

DOCTOR OF THE FUTURE – PHUC’S STORY: A DETERMINED STUDENT AND A LIFE-CHANGING LIFESTART FOUNDATION SCHOLARSHIP BRINGING HIS DREAM CLOSER

“Even though my father’s disease cannot be cured, I still want to continue this journey - not only for him, but also for all those who need help.”

Lifestart Foundation is proud to introduce Phuc, one of our newest scholarship recipients. He is currently studying General Medicine at Hue University of Medicine and Pharmacy.

Despite growing up in extremely difficult circumstances, Phuc has never stopped pursuing his dream of becoming a doctor. He’s maintained impressive academic results throughout his studies - most recently achieving a GPA of 3.53/4.0 - all while working part-time as a tutor to support himself. He lives in a rented room, cooks his own meals, and carefully manages his budget by borrowing used textbooks from senior students.

Phuc’s desire to study Medicine began in childhood, as he watched his father suffer from painful seizures. He hopes to one day be a doctor who not only heals but brings comfort and hope to patients and their families.

In addition to his studies and part-time job, Phuc gives back through the “Take It Slow” project, supporting elderly individuals in nursing homes, and the Patient Support Club, assisting patients during their hospital visits.

His family, officially classified as a poor household, survives on less than 4 million VND (approximately \$250 AUD) per month through small-scale farming and poultry. His mother works when she can, balancing that with full-time caregiving for Phuc’s father.

Since receiving the Lifestart Foundation scholarship, Phuc’s life has transformed for the better. This vital support covers his tuition fees, living expenses, and other essential needs, allowing him to focus on his studies and pursue his dreams with greater confidence.

As Phuc embarks on this exciting journey, we warmly welcome him to the Lifestart Foundation community. Let’s celebrate his determination and support his aspirations together. Stay tuned for updates as Phuc’s inspiring story unfolds!

With your support, students like Phuc can focus on their education and future without the overwhelming weight of financial hardship. Together, we’re not just providing scholarships - we’re investing in Vietnam’s future changemakers.

We warmly invite you to read his letter of appreciation:

<https://www.lifestartfoundation.org.au/2025/12/18/phucs-gratitude-letter/>



UPDATE: 07/11/2025

INTRODUCING LIFESTART FOUNDATION'S NEW SCHOLARSHIP STUDENT: HAI YEN – A STORY OF STRENGTH, HOPE AND DETERMINATION

#Educating young Central Vietnamese students to reach their potential.

Hai Yen has recently received an Education scholarship from Lifestart Foundation. Yen's family lives on a modest monthly income of just 7,000,000 VND (approximately \$437 AUD). Her mother suffers from a mental health issue, and often requires hospital care and ongoing medication. During these times, Yen

and her younger sister stay with their grandparents and receive occasional help from their aunt. Despite these hardships, Yen carries a heavy sense of responsibility on her young shoulders - caring for her sibling, managing household chores like cooking, cleaning, and laundry, and supporting her family in every way she can.

Even in the face of emotional and financial challenges, Yen has never stopped striving. She studies for four hours every day, participates in her school's gifted History program, and consistently ranks among the top students in her class. When she was awarded the Lifestart Foundation scholarship, her GPA was an impressive 9.47 out of 10, placing her in the Top 10 of her class.

Yen's academic success is only part of her story. What truly stands out is her unwavering determination, her deep love for her family, and her clarity of purpose. She shares: "Because my life and family circumstances have many difficulties, I try hard to study so I can overcome them, be a role model for my younger sibling, and make my mum proud - so she won't have to worry so much anymore."

Her dream is deeply heartfelt: to become a teacher who can guide the next generation, and to one day ease her mother's pain and worries. Even when she struggles with self-doubt or sadness about her family's situation, Hai Yen remains hopeful. She chooses to focus on her studies because she believes it is the only path to a brighter future.

"I believe I was chosen for this scholarship because I have the determination to overcome hardship and walk a new path with courage and faith."

We are proud to support Yen through the Lifestart Foundation scholarship program. Her story reminds us that education is not only about books and grades - it's about character, perseverance, and the belief that no obstacle is too great when you have the courage to dream.

We warmly welcome her to the Lifestart Foundation family and look forward to seeing her thrive.

YEN'S LETTER OF GRATITUDE: <https://www.lifestartfoundation.org.au/hai-yens-gratitude-letter/>



UPDATE: 08/11/2025

LIFESTART FOUNDATION'S UNIVERSITY GRADUATE - CONGRATULATIONS TO THAM!

Recently, Lifestart Foundation bid farewell to another scholarship student who we have supported for 10 years. It is always a bittersweet moment for us when a long-time scholarship student graduates - while we will miss their presence, our hearts are full of joy as they begin a new chapter in their life.

Tham has been part of the Lifestart Foundation Education Scholarship Program since Year 7, and today we celebrate her graduation with a Distinction degree in Economic Law from

Danang University of Economics.

Tham has always been one of our most diligent and high-achieving students. With her outstanding Year 12 results, she was granted direct admission to university without needing to sit the entrance exam - an opportunity offered only to top-performing students.

Tham comes from a family of five, including her grandmother, parents, elder sister, and herself. Both of her parents are hardworking rice farmers. Her father, who lost one of his legs in a bomb blast during the war when he was only five years old, continues to be an inspiring role model of perseverance and resilience. Despite his disability, he has always worked tirelessly to support his family.

Over the years, Lifestart Foundation has proudly supported Tham and her family - not only with her full Education Scholarship but also by providing her father with a three-wheeled motorbike and by building a new kitchen and bathroom to improve their living conditions.

Currently, Tham is working as a Human Resources Officer in Danang, where she is responsible for managing and developing human resources within a business. Her role includes overseeing recruitment, training, performance evaluation, compensation and benefits, as well as building a positive workplace environment and ensuring compliance with labor laws.

Tham's story is a powerful reminder of why access to education is so important, especially for young women in developing countries. Every girl who is given the chance to study is one less vulnerable woman of the future.

From all of us at Lifestart Foundation, we are so proud of Tham and her remarkable journey. Please join us in celebrating Tham's graduation and wishing her continued success as she begins this exciting new chapter of her life!

Upon graduation, Tham wrote a heartfelt letter reflecting on her journey. We warmly invite you to read her words of appreciation in the link below: <https://ngoc-tham-gratitude-letter/>

Please click on the links below to read more about Tham and her family:

- Introducing Tham: <https://www.facebook.com/TheLifestartFoundation/photos/a.485561>
- A new three-wheeled motorbike donation for Tham's father:

<https://www.facebook.com/TheLifestartFoundation/posts/2019134121465430>

- Kitchen & Bathroom Project for Tham's House (Original House):
<https://www.facebook.com/TheLifestartFoundation/posts/1985666331478876>
- Kitchen & Bathroom Project for Tham's House (Complete House):
<https://www.facebook.com/TheLifestartFoundation/posts/2014854115226764>
- A bicycle donation for Tham: <https://www.facebook.com/TheLifestartFoundation/photos/>
- Tham accepted to University: <https://www.facebook.com/photo/>
- A hamper box donation for Tham: <https://www.facebook.com/photo/?fbid=46>
- LSF - Floods, typhoon and landslide relief update - Farmers enjoy bountiful crops:
<https://www.facebook.com/TheLifestartFoundation/posts/>



UPDATE: 09/11/2025

GREAT NEWS FROM LIFESTART FOUNDATION SCHOLARSHIP STUDENT – DUY THAI, DOCTOR OF THE FUTURE!

We are thrilled to celebrate the outstanding success of Duy Thai, one of our Lifestart Foundation Medical Scholarship students, who has just achieved a perfect **GPA of 4.0/4.0** in his second semester of Year 5 at Hue University of Medicine and Pharmacy.

This incredible achievement is the result of Thai's perseverance and determination despite many hardships.

Thai grew up in a farming family. When his father left his family, he was only six years old. Since then, his mother has single-handedly raised him on a very modest income of about 3.5 million

VND (approximately \$205 AUD) per month. Without higher education herself, she has taken on physically demanding jobs with unstable pay. Despite frequent health issues and a fragile home often damaged by storms, she has always been the unwavering pillar of strength in Thai's life.

Thai is the first in his family to attend university. Without his dedication and undoubtedly the full Lifestart Foundation Education Scholarship, the dream of becoming a doctor would have been much more difficult to achieve.

Life as a medical student is never easy, but Thai has consistently been among the top 2 students in his class since his first year. This semester was especially demanding, requiring long hours of study, group discussions, and careful planning. During exam season, Thai studied up to 12–14 hours a day - reviewing notes, solving past tests, and preparing with peers.

His hard work paid off with five **A-level marks** across five challenging subjects:

- Traditional Medicine
- Geriatrics
- General Emergency & Anaesthesiology-Resuscitation
- Tuberculosis & Infectious Diseases
- Scientific Research Methodology

But his passion isn't limited to textbooks. He's always diving into extracurricular activities and getting hands-on with research and group projects. He's working hard not just for his own future but also to contribute knowledge to the medical field.

Thai shared his heartfelt dream with us:

"Internal Medicine has always been my long-held aspiration. When faced with illness, life becomes fragile and uncertain. Doctors are the silent heroes who help people overcome their most critical moments. I believe wholeheartedly that dedicating myself to this mission is a noble cause. My plan is to pursue a residency in Internal Medicine at Hue University of Medicine and Pharmacy. After that, I want to return to my hometown to care for my mother - the one who has sacrificed so much for me - and to serve my community."

We couldn't be prouder of Thai's remarkable journey. His success is a true testament to resilience, love, and the power of education.

Please join us in congratulating Thai on this exceptional milestone. We look forward to seeing him achieve his dream of becoming a compassionate doctor who will change lives.

If you would like to read more about Thai, please click on the link below:

<https://www.facebook.com/TheLifestartFoundation/posts/pfbid02>



UPDATE: 10/11/2025

MEET NEW LIFESTART FOUNDATION SCHOLARSHIP RECIPIENT HUYEN - DOCTOR OF THE FUTURE

We are delighted to welcome Huyen, a General Medicine student at Hue University of Medicine and Pharmacy, to the Lifestart Foundation Education Scholarship Program.

Huyen comes from a poor family and has faced many hardships since childhood. She lost her father early in life, and since then, her aging and often unwell mother has become the family's sole breadwinner. Her mother works tirelessly as a farmer, enduring long days under the sun and the uncertainty of weather-dependent crops. Floods, droughts, and storms frequently

destroy their harvests, leaving the family struggling to make ends meet.

Their financial hardship persists, especially with the high cost of university tuition and living expenses. There were semesters when Huyen and her mother had to borrow money from relatives just to cover her school fees.

Despite these difficulties, Huyen has remained determined to pursue her dream of becoming a doctor. Her motivation stems from a deeply personal experience - losing her grandmother to a stroke due to delayed medical care. This tragedy strengthened her resolve to study medicine so she can one day save lives and give back to her community. Her dedication has been reflected

in her academic performance, achieving an excellent **GPA of 3.65/4.0** when she received the Lifestart Foundation scholarship.

“There were times I wanted to give up,” Huyen shared, “but I always think of my mother’s sacrifices and the support of my teachers and friends. They give me the courage to keep going.”

Through the full Lifestart Foundation Education Scholarship, Huyen now receives **tuition support, living assistance, and mentoring**, helping to ease her financial burdens so she can focus on her studies and future career in medicine. This support not only transforms her life but also creates ripple effects that uplift her family and community.

At Lifestart Foundation, we believe that education is the most powerful tool to break the cycle of poverty. Thank you to our donors and supporters for making stories like Huyen’s possible. With your continued generosity, we can help more deserving students like Huyen pursue their dreams and create a brighter, more equitable future for all.

Upon receiving the scholarship, Huyen wrote a heartfelt **Letter of Gratitude**, sharing more about her personal journey and life as a medical student.

We warmly invite you to read her letter of appreciation: <https://huyens-gratitude-letter/>



UPDATE: 15/11/2025

LIFESTART FOUNDATION WARMLY WELCOMES NEW SCHOLARSHIP STUDENT NHA LINH

We are delighted to welcome Nha Linh, a student with outstanding academic results and an inspiring spirit of perseverance and love for learning, into the Lifestart Foundation family.

Coming from a modest background, Linh lives with her hardworking mother, younger sister, and elderly grandparents - both wounded veterans with ongoing health issues. Her family doesn’t have a house of their own - they all live in her grandparents’ 50-year-old home together.

Her mother works long hours as a factory worker to support the family, while Linh takes on many household responsibilities - spending around three hours each day cooking, washing dishes and clothes, cleaning the house and caring for her little sister. Despite the limited income of about 5 million VND (approximately \$300 AUD) per month, Linh’s mother continues to dedicate herself to her daughters’ education and well-being.

Linh shared: “I was born and raised by my mother and have never felt the love of a father. For the past 14 years, I’ve witnessed how hard my mother works to give us a better life. She is both a mother and a father to me. My greatest dream is to study well so I can ease her burdens and one day change our lives.”

Life is not easy, but Linh always stays positive and determined.

Even with a busy daily routine, Linh has achieved remarkable academic success, earning an impressive average score of 9.26/10 and ranking first in her class of 45 students, proudly receiving the title of Excellent Student.

Beyond academics, Linh also actively joined many extra-curricular activities such as Youth Union programs and the STEM competition, where her “Smart School” - a project that uses sensor systems to enhance the learning environment won Second Prize at the town level and Third Prize at the provincial level!

Through her determination and heartfelt gratitude, Linh reminds us that strength and hope can flourish even in the most difficult circumstances.

The Lifestart Foundation scholarship will help Linh cover her tuition, insurance, books, uniforms, stationery, and study tools, easing her family’s financial burden and motivating her to continue her studies with confidence and optimism.

Please join us in welcoming Nha Linh to the Lifestart Foundation family! We believe that with her resilience and dedication, Linh will continue to shine brightly and inspire others on her journey toward a brighter future.

Upon receiving the scholarship, Linh wrote a heartfelt **Letter of Gratitude**, sharing more about her life and her journey to overcome adversity.

We invite you to read her letter of appreciation here: <https://nha-linhs-gratitude-letter/>



UPDATE: 16/11/2025

GREAT NEWS! A SEMESTER OF SUCCESS FOR LIFESTART FOUNDATION SCHOLARSHIP STUDENT THANH

We are proud to highlight the incredible dedication and academic excellence of Thanh, a longstanding Lifestart Foundation scholarship recipient since Grade 7. He is currently studying General Medicine at Danang University of Medical Technology and Pharmacy and is the first in his family to attend university.

In the second semester of Year 3, Thanh took on a challenging academic load with nine subjects, including:

- Community Internship
- Hospital Internships – Surgery & Internal Medicine
- Practical Surgery
- Internal Medicine Theory 1 & 2
- General Law
- Disaster Medicine
- Health Management & National Health Programs

Despite the demanding schedule, Thanh achieved 9 straight A-level marks, achieving a perfect GPA of 4.0 out of 4.0 – a truly outstanding accomplishment that reflects his strategic planning, determination, and tireless effort! This fantastic news fills the Lifestart Foundation team with immense pride.

- **What's the secret to his success?** Thanh applies a well-organized and proactive approach at the start of every semester:
- **Research** – He consults senior students about course content, teaching styles, exam formats, and study strategies.
- **Systematic Organization** – He creates subject folders to store study materials and insightful notes, streamlining his learning process.
- **Understanding Assessment** – He carefully reviews each subject's grading system to plan his study time effectively.
- **Prioritizing Subjects** – He groups his subjects by priority:
 - High Priority: Clinical internships and practicals that significantly affect final grades.
 - Medium Priority: Key theoretical subjects requiring consistent effort.
 - Low Priority: Subjects with lighter content but requiring strong coursework scores to reduce pressure during finals.

This thoughtful and disciplined approach has helped Thanh stay focused on his academic goals, despite the many challenges he faces in his personal life.

Like many of our Lifestart Foundation Education Scholarship students, Thanh was born into a very poor family. He grew up in a family of four - his parents, a younger sister and himself. Sadly, Thanh's father, the family's only income earner, passed away from liver cancer. Since then, his mother, who suffers from heart problems, has become the sole provider. Despite her poor health, she works as a shop assistant to earn an income to support her family.

Even though his situation is challenging, Thanh has never allowed hardship to define him. He remains cheerful, optimistic, and fiercely committed to his studies, determined to break the cycle of poverty and bring a better future to his family. Thanks to the Lifestart Foundation Education Scholarship, Thanh's life has changed for the better, and his long-held dream of becoming a doctor is now coming a lot closer.

Congratulations, Thanh! We are so proud of your achievements and look forward to seeing all you will accomplish in the years ahead.

Please click below to learn more about Thanh's journey:

- Introducing Thanh: <https://www.facebook.com/TheLifestartFoundation/photos/a.485>
- Meet Thanh – Doctor of the Future: <https://www.facebook.com/TheLifestartFoundation>
- Hamper Box Donation for Thanh: <https://www.facebook.com/TheLifestartFoundation>



GRADUATION HIGHLIGHT



Duong Thi Xuan Thu

- ♦ **Major**
Banking
Danang University of Economics
- ♦ **Cumulative GPA**
3.93/4.0 - High Distinction
- ♦ **Achievement**
 - Valedictorian
 - 4 semesters with a maximum 4.0 GPA
 - Excellent academic title for all 8 semesters
 - Certificate of Merit from Rector of Danang University of Economics for excellent academic achievements for 3 consecutive years
 - TOEIC: 820/990

UPDATE: 22/11/2025

CELEBRATING THE SUCCESS OF LIFESTART FOUNDATION'S UNIVERSITY GRADUATE – XUAN THU

“The Lifestart Foundation scholarship was truly life-changing for me. More than financial aid, it gave me the confidence, motivation, and belief that a brighter future was possible.”

We are incredibly proud to celebrate the success of our long-term scholarship recipient, Xuan Thu, who has just graduated as **Valedictorian** of the Banking major at Danang University of Economics. Thu has been a Lifestart Foundation

scholarship student for the past 10 years, beginning in year 7, and her journey has been nothing short of inspiring.

Thu's remarkable university journey is highlighted by:

- **Ranked 1st** out of 100 students in her cohort
- Cumulative GPA: **3.93/4.0**, with 4 semesters achieving a perfect 4.0
- Awarded the Excellent Academic Title for all 8 semesters
- TOEIC score: 820/990
- Certificates of Merit from the Rector of Danang University of Economics for 3 consecutive academic years (2021–2024)
- Currently thriving as a Corporate Relationship Officer at SHB Bank

Thu's path to success was paved with immense challenges. After her mother's illness and subsequent death, her father's modest carpentry income became the family's sole support. Yet, with discipline and determination, Thu became the first in her family to graduate from university.

Thu's story is a powerful reminder of the transformative power of education. With the right opportunities, young women can overcome adversity, and achieve excellence.

To our sponsors and supporters - this achievement is also yours. Without your generosity, Thu's incredible journey would not have been possible.

On behalf of the Lifestart Foundation, we extend our warmest congratulations to Xuan Thu. We cannot wait to see her continue to grow, succeed, and inspire many more students in the years to come.

Let us always remember: Every girl who is given the chance to learn is one less vulnerable woman of the future.

After her university graduation, Thu wrote a gratitude letter to Lifestart Foundation, sharing her remarkable story of overcoming life's obstacles to pursue her dreams.

We invite you to read her letter of appreciation here: <https://www.lifestartfoundation/xuan-thu-gratitude-letter/>

Please click on the links below to read more about Thu:

- Great News from Thu:
<https://www.facebook.com/TheLifestartFoundation/posts/701025102057738>
<https://www.facebook.com/TheLifestartFoundation/posts/5132884030090408>
- A Hamper Box Donation for Thu:
<https://www.facebook.com/photo?fbid=1405761179469397&set=a.485561648156026>
- An Electric Bike Donation for Thu:
<https://www.facebook.com/TheLifestartFoundation/posts/2053555841356591>
- Introducing Xuan Thu: <https://www.facebook.com/TheLifestartFoundation>
- Congratulations Thu. Gold - Gold - Gold
<https://www.facebook.com/TheLifestartFoundation/posts/2361166253928880>
- Thu Accepted into University:
<https://www.facebook.com/photo?fbid=4272044359507717&set=a.485561648156026>



UPDATE: 26/11/2025

MEET NHI - A NEW LIFESTART FOUNDATION SCHOLARSHIP STUDENT!

We're delighted to introduce Nhi, one of the newest recipients of the Lifestart Foundation Education Scholarship! Bright, kind-hearted, and determined, Nhi's story is one of courage, love, and resilience.

Nhi hails from a large family of six, including her parents, her older sister, her older brother, her twin sister and herself. Unfortunately, tragedy struck when her father passed away in a traffic accident seven years ago. Since then, her mother has been the sole breadwinner, working tirelessly despite fragile health and unstable income. She earns around 5 million VND (approximately \$303 AUD) per month while also needing regular medication, yet she never stops striving for her children's future.

Nhi deeply admires her mother's strength and sacrifice. Even after losing her job when the company closed, her mother continued taking any available work - never complaining - simply hoping her children could complete their studies and build a better life.

The family currently lives in a temporary house provided by Nhi's maternal grandmother, who, along with her grandfather, often sends food to help them get by. With all four children now in higher levels of education, their financial pressure is immense. Each school year brings new struggles to afford tuition fees, books, and supplies. Without a bicycle, Nhi relies on her mother or friends for transport to school and extra classes.

During the summer, Nhi and her brother work part-time to support the family, while she and her twin sister also peel lotus seeds after school to earn extra income.

Despite these challenges, Nhi's spirit shines brightly. She self-studies about 8-10 hours every day and consistently achieves excellent results. Inspired by her love of reading and curiosity about

people and society, she has a deep passion for **Geography** and has recently been selected into her school's specialized Geography team.

Nhi describes herself as sociable, quick to learn, and a good communicator. She actively participates in Youth Union activities and other school extracurricular programs. Her dream is to work in a social science-related field, where she can use her knowledge to make a positive difference in her community.

Nhi shared: **"I understand that this scholarship is not just financial support but also a source of motivation that brings me closer to my goals. I want to learn not only for myself but also to contribute to society."**

The **Lifestart Foundation Scholarship** will cover **Nhi's tuition fees, uniforms, stationery, books, and the all-important extra classes.** This vital support will enable her to continue pursuing her education and dreams.

We are incredibly proud to welcome Nhi to the Lifestart Foundation family and look forward to supporting her as she learns, grows, and gives back to the community.

Upon receiving the scholarship, Nhi wrote a heartfelt **Letter of Gratitude**, sharing more about her life and her journey to overcome adversity.

We warmly invite you to read her letter of appreciation: <https://nhis-gratitude-letter/>



UPDATE: 29/11/2025

INTRODUCING ANH TUAN – A NEW LIFESTART FOUNDATION SCHOLARSHIP STUDENT!

Lifestart Foundation is delighted to welcome another outstanding student to our scholarship family. Anh Tuan is a bright and hardworking student who dreams of becoming a doctor one day. He is currently studying in a Math-specialized class - his favorite subject!

His family of five includes his parents and two older sisters. Both his father and mother work tirelessly to provide for their children - his father takes on multiple jobs as a labourer, farmer, and construction worker, while his mother works long hours at a garment factory. Despite their hard work, the family's income is modest, and it is challenging to cover school fees and extra classes for all three children.

At times, the family has even had to borrow money that they could not repay. But Anh Tuan never loses hope. Every day, when he sees his father's rough hands and his mother's cracked ones, he reminds himself to keep striving.

He is a diligent student. He usually dedicates around 4 hours a day on self-study. Like other Vietnamese students, he spends about 1 hour helping with household chores, such as washing

dishes, cooking, and sweeping the house. In his free time, he enjoys playing chess, watching science videos, and sometimes going swimming or playing football with friends.

Though his family's financial situation is difficult, Anh Tuan feels grateful to still be able to go to school - a privilege he deeply values. "I can't afford to lose hope," he says. "I want to study hard so that one day my parents can live a life that's comfortable and free from hardship."

Thanks to the **Lifestart Foundation Education Scholarship**, Anh Tuan can now continue his studies with greater peace of mind and focus on achieving his dreams. This support not only eases his family's financial burden but also gives him the motivation to keep striving and believe in a brighter future ahead.

Upon receiving the scholarship, Tuan wrote a heartfelt **Letter of Gratitude**, sharing more about his life and his journey to overcome adversity.

We warmly invite you to read his letter of appreciation: <https://LSF/tuans-letter/>

Donation



UPDATE: 19/10/2025

LIFESTART FOUNDATION HAS PROUDLY PROVIDED \$64,200 AUD WORTH OF MILK TO SUPPORT ORPHANS, DISABLED, POOR & SICK CHILDREN

https://youtu.be/A_heDPPZ_EE



COMPLETELY SUBMERGED HOMES



AN ENTIRE VILLAGE REHOMED

UPDATE: 21/11/2025

Thank you to everyone who has donated to our recent Flood Relief Campaign. Your generosity is deeply appreciated.

A significant portion of the funds will be used to rebuild homes for families in remote areas whose houses have been damaged beyond repair. We will be working closely with local authorities, who will provide safe new land for affected families - land that will not be at risk from future landslides.

The video below offers a glimpse into the work we've carried out in the past, after floods and landslides devastated an entire village. Your donation will support similar life-changing efforts.

In addition to rebuilding homes, donated funds are also being directed toward repairing damaged houses, replanting crops, replacing livestock and essential household items, and ensuring students have the books and supplies they need to return to school.

Lifestart Foundation's Emergency Flood Relief Appeal - Central Vietnam

Please donate and share: <https://chuffed.org/project/155648>

Thank you for helping us bring hope and stability back to these communities.



UPDATE: 30/11/2025

LIFESTART FOUNDATION PROVIDES MUCH NEEDED SUPPLIES TO ETHNIC MINORITY STUDENTS

As part of our ongoing mission to support under-resourced schools in remote areas of Quang Nam province, Lifestart Foundation continues to go beyond the basics. In addition to providing essential amenities such as clean water systems, Smart TVs into schools for educational purposes, and bicycles for transportation, we continue to expand our efforts to meet students' daily needs.



Our latest contribution includes shoes, stationery supplies, and cartons of milk, donated to Phuoc Loc Primary and Secondary School.

Located in the disadvantaged Phuoc Son District - home to over 2,000 households living in poverty, many from ethnic minority backgrounds - this school serves as a beacon of hope for 184 ethnic minority students. In the 2024-2025 academic year, the majority of these students come from extremely poor families. Nestled in the highlands of Quang Nam province, the school faces many challenges, particularly the lack of basic learning supplies, including shoes and writing tools.

We believe this generous gift will significantly support the daily educational needs at Phuoc Loc Ethnic Primary and Secondary School.

In addition, we also donated cartons of milk to the kindergarten students at this school.

As part of this trip, Lifestart Foundation donated 10 clean water systems to remote communes in Quang Nam province. Phuoc Loc School was among the beneficiaries of these high-standard water systems.

Lifestart Foundation Benefactors



UPDATE: 04/9/2025

Honoring a Generous Supporter and Benefactor

Don Cracknell (1937–2024)

The Lifestart Foundation team extends its heartfelt gratitude to Don Cracknell for his steadfast support and remarkable generosity. His kindness and enduring legacy will continue to fund transformative projects that uplift communities and change lives.

Don's connection to Vietnam began when his daughter-in-law volunteered as a physiotherapist with the Lifestart Foundation many years ago. This sparked a deep interest in the country and its people, particularly those facing significant disadvantage. Over the years, Don became a committed

supporter of Lifestart's initiatives, visiting Vietnam several times and forming a heartfelt bond with its culture and people.

Through Lifestart Foundation, Don dedicated himself to improving the lives of families and students by funding vital initiatives in housing, transport, and education. His extraordinary contributions include:

- 160 emergency relief hampers for families in need
- 63 bicycles and 3 electric bikes for improved mobility
- 2 clean water systems for access to safe drinking water for hundreds of children and families
- 5 kitchen and bathroom projects for families lacking basic facilities
- Supporting one General Medicine student through university to graduation

Don's life journey was just as remarkable. Raised in and around Melbourne, he trained as an electrician with the Railways before pursuing studies in Christian Education and Theology. After marrying his wife, Meryl, in 1964, Don dedicated nine years to mission work in Papua New Guinea. Upon returning to Australia in 1977, he served in various parishes with the Uniting Church, focusing on Christian education and ministry. In 2013, Don retired to Warragul, Victoria, where he continued to inspire others with his compassion and dedication.

Even in his passing, Don's generosity of spirit endures, leaving a legacy of hope and transformation that will touch countless lives for years to come.

With gratitude and respect,

The Lifestart Foundation Team

YOUR LEGACY, THEIR FUTURE

Dear Lifestart Foundation Community,

We invite you to leave a lasting impact by considering a bequest to Lifestart Foundation in your will. Your generosity can ensure that our mission continues to thrive, leaving a legacy of positive change for generations to come.

Why Choose a Bequest? A bequest is a powerful way to support Lifestart Foundation. By including us in your will, you contribute to building a better future for those in need.

How to Include Lifestart Foundation in Your Will:

- Speak to your legal advisor to ensure your wishes are accurately reflected.
- Specify Lifestart Foundation's details: [Include Lifestart Foundations legal name, address, and any specific instructions].
- Let us know! We would love to express our gratitude and welcome you to our Legacy Circle.

Thank you for being the heartbeat of Lifestart Foundation. Together, we can create a legacy of compassion and change.

For more information or to notify us of your bequest, please visit www.lifestartfoundation.org.au or contact us directly.



UPDATE: 18/9/2025

Honoring a Generous Supporter and Benefactor

Dr. Geok Hua Wong (1931–2015)

The Lifestart Foundation team is profoundly grateful for the unwavering support of Dr. Wong's Trust. His kindness and enduring legacy, preserved through the

provisions of his will, ensure that his philanthropic work continues to fund meaningful projects well into the future.

Thanks to Dr. Wong's extraordinary generosity, the Lifestart Foundation has awarded **22 Education Scholarships** in his name, including **16 General Medicine Scholarships**, **5 Master of Nursing Scholarships**, and **1 IT Scholarship**. Among the scholarship recipients, **5 doctors** are currently completing their residency programs.

Even in his passing, Dr. Wong's generosity of spirit continues to leave a lasting and transformative impact.

Dr. Geok Hua Wong (1931–2015)

Born in China in 1931 to pharmacist parents, Dr. Geok Hua Wong endured significant challenges early in life. Amidst political turmoil and war, his family relocated to Singapore around 1940. During the Japanese occupation of Singapore in 1942, Dr. Wong, then just 12 years old, and his parents were detained in Changi Prison. Despite the hardships of internment, Dr. Wong cultivated a deep passion for learning, using every resource available to him. After their release in 1945, Dr. Wong spent a few years in Singapore before traveling alone to Melbourne in 1949 at the age of 18 to pursue higher education. He graduated as a doctor from the University of Melbourne in 1955 and later specialized in Psychiatry. Over a distinguished career spanning public hospitals and private practice, Dr. Wong also provided expert testimony in high-profile criminal cases.

Beyond his medical career, Dr. Wong was a devoted patron of the arts, with his name inscribed as a major donor at the National Gallery of Victoria. Following his passing in 2015, a Trust was established to continue his legacy of generosity.

The Trust supports initiatives that align with Dr. Wong's vision of benefiting the community through measurable outcomes.

Dr. Wong's legacy lives on through the Trust's continued commitment to meaningful philanthropy, honoring his lifelong dedication to community, health, and the arts.

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UPDATE: 09/10/2025

Honoring a Generous Supporter and Benefactor

Edward Scott Smith (Eddie) 1941 – 2022

Eddie was an extraordinary supporter of Lifestart Foundation's initiatives, including medical scholarships, clean water projects,

life-saving medical equipment for Danang Women's and Children's Hospital, support for orphans, bicycle donations, and emergency food hampers. These are just some of the many wonderful donations over the years. The Lifestart Foundation team will be forever grateful for Eddie's unwavering support, his kindness, and his enduring legacy, where he has left provisions in his will to continue his philanthropy and the funding of future projects.

Eddie Smith, affectionately known as Eddie, was born in Coventry, UK, in 1941. Leaving school at the age of 15, he began an electrical apprenticeship that laid the foundation for his remarkable journey. In his late teens, he discovered a passion for boxing, excelling in the ring and winning most of his matches. This fighting spirit served him well in later years as he navigated the competitive Australian corporate world, where he often "punched above his weight."

In 1965, Eddie embarked on a life-changing journey to Australia. Travel at the time was an adventure; his flight took a week, stopping in South Africa, Singapore, and finally arriving in Perth, Western Australia. Wasting no time, Eddie found a job and accommodation almost immediately. He joined the Hammersley Rail Project in the remote Pilbara region, working in Dampier and living in a tent. He spent eight months at Camp 60, wiring the camp and its generators. Eddie's next adventure took him to Saigon, Vietnam, where he worked at the airport. This experience sparked a lifelong connection to Vietnam and its people. After gaining invaluable experience, Eddie established his own electrical contracting company, Elcos, which operated successfully from Western Australia, and expanded to Queensland. Later, he transitioned to a second highly successful career in the oil and gas industry.

Eddie faced significant health challenges, including surviving bowel cancer and, later, a major heart attack in 2009. His heart was severely damaged, requiring a transplant for long-term survival. In December 2009, he received the gift of a new heart, allowing him to embrace a new chapter of life. Following his recovery, Eddie dedicated himself to philanthropy, supporting numerous charities both in Australia and abroad. He became a major donor to the Fiona Stanley Heart and Lung Transplant Foundation, the Fred Hollows Foundation, and many others. In 2013, Eddie founded the Karma Foundation, a registered charitable trust to support causes in Vietnam, Cambodia, Bali, and Laos.

Eddie's connection to Vietnam deepened over the years, with frequent visits and hands-on involvement in philanthropic projects. His admiration for the resilience and history of the Vietnamese people fueled his efforts.

Known for his resourcefulness and intellect, Eddie combined his expertise as an electrician with astute business acumen. A self-educated and well-read man with a “get-it-done” attitude, Eddie was generous to those in need, always relating to their struggles. Even in passing, Eddie’s generosity endures. True to his character, he established a trust fund to ensure his philanthropic legacy would continue well beyond his lifetime.

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Lifestart Foundation Team



UPDATE: 07/9/2025

MEET THE LIFESTART FOUNDATION TEAM - NHUNG

In-Country Manager | Dream Team Leader | Heart of the Mission in Vietnam

We are thrilled to shine a spotlight on someone very special in the Lifestart Foundation family - Nhung, our incredible In-Country Manager!

Nhung has been a core part of the Lifestart Foundation journey for nearly 11 years, and is held in the highest esteem by our Founder Karen Leonard OAM, the Board, our staff, our volunteers, supporters, and the entire LSF team.

Karen often refers to Nhung as an irreplaceable head of her “Dream Team” - and with good reason.

From her university days, Nhung knew she was destined for a career in social work - and her time at Lifestart Foundation has been, in her own words, “one of the greatest blessings of my life.”

What makes Nhung truly extraordinary?

It’s her dedication, compassionate leadership, and deep belief in Lifestart Foundation’s mission. Each scholarship student supported and every community project delivered only deepens her commitment to making long-term, meaningful change.

She draws inspiration daily from our Founder, Karen, whom she calls “a miracle.” Nhung is constantly in awe of Karen’s unwavering devotion to a community far from her own home - and feels humbled to be part of that vision.

Through her years at Lifestart Foundation, Nhung has grown not just professionally, but personally - gaining skills, wisdom, and friendships that have shaped her life.

“I hope to continue this journey with Lifestart Foundation for many years to come. Together with my colleagues, I want to keep making a meaningful contribution to the community.”

We are incredibly lucky to have Nhung leading our mission in Vietnam with heart, grace, and determination. She is not just a team member - she is the beating heart of our work on the ground.

Please join us in thanking Nhung for her incredible contribution and dedication!



UPDATE: 10/9/2025

MEET OUR FOUNDER

Did you know?

Our incredible Founder, **Karen Leonard OAM**, has been the heart and soul of Lifestart Foundation for the past **25 years** - volunteering her time, expertise, and endless passion to create lasting change.

Karen has dedicated this significant chapter of her life to improving the lives of **thousands of disadvantaged children and families in Vietnam**. Her unwavering commitment has led to life-changing opportunities for so many.

In 2017, Karen was awarded the **Order of Australia Medal (OAM)** in recognition of her outstanding international humanitarian work - a truly well-deserved honour.

Want to learn more about the incredible impact Karen has made? Head over to our website to explore the many projects she has brought to life. www.lifestartfoundation.org.au



UPDATE: 05/10/2025

MEET THE LIFESTART FOUNDATION TEAM – UYEN

Today, we're delighted to introduce you to Uyen, one of the dedicated team members at Lifestart Foundation.

Uyen has been a member of the Lifestart Foundation team for the past five years. Her multifaceted role includes mentoring and teaching English to our scholarship students, managing administrative tasks, handling social media and press releases, capturing project moments through photography, and supporting our In-Country Manager with the implementation of key initiatives.

Uyen is deeply inspired by our founder, Karen Leonard OAM, whose unwavering spirit of philanthropy continually drives her to give her very best. Working alongside Karen has been a transformative experience – Uyen has learned so much and grown in ways she never imagined.

Watching our students - a group marked by resilience and determination - achieve their goals fuels Uyen's own passion for lifelong learning and disciplined growth. She's proud to be part of a team that truly uplifts communities, and she remains committed to empowering the next generation toward a brighter future.

What Uyen says about our team environment:

- "It doesn't feel like a workplace - it feels like family."

- “We’re supportive and always ready to help one another.”
- “Everyone of us is friendly, encouraging, and ready to lift each other up.”
- “We’re united by our shared passion to make a difference.”

What drew Uyen to the NGO sector in the first place?

Despite Vietnam’s rapid development, she knows many families still face extreme hardship. Education and community projects, she believes, open doors to opportunity - and being part of that mission gives her a powerful sense of purpose. For Uyen, it isn’t just work; it’s a way to “pay it forward,” grow alongside her community, and bring lasting change - even through small actions.

What truly inspires Uyen?

Seeing our scholarship students flourish - growing, achieving, and thriving - is what makes it all worthwhile. She lives every day with the dream of helping the youth of her hometown, and of Central Vietnam more broadly, to overcome challenges and create brighter futures.

Thank you, Uyen, for your heart, passion, and dedication. We’re honoured to have you on the team!



UPDATE: 11/11/2025

MEET THE LIFESTART FOUNDATION TEAM – HIEN

We’re thrilled to introduce you to Hien, a deeply valued and passionate member of the **Lifestart Foundation** team.

Hien’s journey with Lifestart Foundation is nothing short of inspiring. Fourteen years ago, as a young orphan facing an uncertain future, she was awarded a Lifestart Foundation scholarship - a moment that not only changed her path, but gave her hope when she needed it most. When her future felt uncertain, it was **our founder, Ms. Karen Leonard OAM**, who stepped in to offer guidance, hope, and support. Today, Hien is proud to be part of the very organization that helped shape her future.

In Hien’s words: “I feel very fortunate to be part of Lifestart Foundation and to accompany its meaningful charity projects. Through this work, I’ve realised the true importance of education, perseverance, and resilience. Witnessing the challenges faced by disadvantaged students makes me value my work even more - it is rich in humanity and continues the mission Lifestart Foundation has pursued for over two and a half decades. Working here fills me with pride, gratitude, and a strong sense of responsibility to give back.”

On the team spirit at Lifestart Foundation, she shares: “Our team is collaborative, supportive, and united by shared values of compassion and service. Everyone works with sincerity and

commitment, creating a strong sense of belonging. I feel inspired by the dedication of my colleagues and the way we complement one another to achieve meaningful goals."

What inspired her to join NGO work?

Hien's own background as a scholarship recipient sparked a desire to give back. Experiencing first hand the life-changing impact of support, she was drawn to the humanitarian values of NGO work - especially those focused on **education and social equity**. It was clear to her: this was her calling.

Hien's contributions to Lifestart Foundation include:

- Supporting and mentoring scholarship students
- Translating letters from students to sponsors
- Assisting with community programs
- Teaching English as a Second Language (ESL)
- Helping with day-to-day administrative operations
- Managing content creation and social media
- Capturing and sharing meaningful moments through photography and video

Thank you, **Hien**, for your unwavering dedication, resilience, and compassion. Your journey is a testament to the power of education, kindness, and giving back. We're honoured to have you as part of the **Lifestart Foundation family**!

Other Activities



UPDATE: 09/9/2025

Are you interested in supporting #Lifestart_Foundation's efforts to help disadvantaged students and families in Vietnam? Why not hold a fundraiser or start a "birthday pledge page"? In lieu of your upcoming birthday gifts, you could ask for a donation to Lifestart Foundation. Your network of family and friends will be excited to support your cause on your birthday! The personal connection and selfless sacrifice of one's birthday is a great way to give back. To set up a birthday pledge page visit us at:

<https://www.lifestartfoundation.org.au/fundraise/>

A few tips on your efforts:

1. It's best to start fundraising a few months prior to your birthday to get the ball rolling
2. Choose a catchy title, "\$27 for my 27th Birthday"
3. Share your reason for donating to LSF
4. Include a photo
5. Email your link to all your family and friends

For more information about our projects: www.lifestartfoundation.org.au

Visit and support our Online Store here: <https://www.lifestartfoundation.org.au/get-involved/shop/>



UPDATE: 13/9/2025

LIFESTART FOUNDATION & RELATS VIETNAM: SUPPORTING CENTRAL VIETNAM'S FUTURE DOCTOR

Lifestart Foundation is honoured to partner with Relats Vietnam - a branch of Spain's Relats Group, a globally recognized leader in electrical and thermal insulation solutions.

As part of their annual commitment to giving back, Relats Vietnam allocates a portion of their profits to philanthropic efforts. This year, we are proud to be one of the NGOs selected by Relats Vietnam to receive their generous support.

They have kindly donated 233 million VND (equivalent to more than \$14,500 AUD) to support a financially disadvantaged General Medicine student under Lifestart Foundation's care. This

scholarship will empower the student to continue their journey toward becoming a doctor - a dream that once seemed out of reach.

Thanks to the incredible support from Relats Vietnam, we have carefully selected a deserving recipient for this life-changing scholarship through a rigorous application and interview process. More details about the scholarship recipient are coming soon!

With Relats Vietnam's meaningful contribution and Lifestart Foundation's dedicated mentorship, we believe this scholarship will not only transform one life - it will have a ripple effect, impacting families, patients, and the entire community in the future.

Once again, we extend our heartfelt gratitude to Relats Vietnam for their trust and generosity. We look forward to a continued partnership to uplift even more Vietnamese students in need.



UPDATE: 16/9/2025

LOOKING FOR A GREAT GIFT IDEA???

Please consider donating a #Lifestart_Foundation #Gift_Certificate to a family or individual we support in Vietnam.

Certificates include:

- A Family of Chickens: \$50 USD
- Annual Food Allowance: \$500 USD
- Library Books: \$55 USD
- Bicycle: \$100 USD
- Secondary School Educational Scholarship (full): \$3500 USD

To sign up to donate a gift certificate, visit us at: <https://www.lifestartfoundation/gift-certificates/>



UPDATE: 19/9/2025

GOODWILL WINE: SUPPORTING LIFESTART FOUNDATION

Whether you will be celebrating a birthday, enjoying dinner with close friends or looking for a delicious glass of vino to compliment your next master chef dish – treat yourself to a Lifestart Foundation Goodwill Wine. We also have a Vegan wine available.

Wines are selected from boutique wineries across Victoria, Australia – a great addition to your next occasion and sure to be the talking point of the table.

Click here to learn more and order: <http://goodwillwine.com.au/pages/lifestart-foundation>

50% of the profit raised will go to supporting Lifestart Foundation projects.

Please note – Goodwill wines only ship within Australia



UPDATE: 22/9/2025

#Lifestart_Foundation is celebrating a major milestone - **26 years of service** to the disadvantaged community in Vietnam. We have grown from very humble beginnings to an organization that now delivers significant services to those most in need. Our success would not be possible without our dedicated staff and our amazing group of supporters from all corners of the world.



UPDATE: 30/9/2025

LIFESTART FOUNDATION UNIVERSITY STUDENT UPDATE

CLICK HERE TO READ ALL ABOUT OUR UNIVERSITY SCHOLARSHIP STUDENTS: <https://University-Students-update>



We are so very proud of each and every one of these students, many are the first in their family to attend University.

Against all odds, through sheer hard work, determination, and the support of Lifestart Foundation, they have achieved amazing results.

At Lifestart Foundation we believe in long term sustainable aid and we achieve this through education.

Lifestart Foundations investment in the disadvantaged youth of Central Vietnam to date is in excess of 33 Billion VND (approx \$2,000,000 AUD).

We are committed to breaking the poverty cycle of Central Vietnam's brightest scholars via education. Lifestart Foundation Education Scholarship Project - provides fully comprehensive scholarships through Secondary and High school and onto University.

Scholarships cover all tuition fees, books, uniforms, and the all-important extra classes. Our Year 12 Central Vietnam students need to leave home to attend University for between 4 - 6 years depending on their chosen degree, so funding for accommodation and food needs to be provided too.

Scholarships are awarded to academically gifted students from very poor families.



UPDATE: 03/10/2025

Update #Lifestart #Monthly_Members_Club - Monthly Giving: Join The Club!

- Great satisfaction.
- Convenience.
- Flexibility.
- Reduced paperwork and overhead expenses.
- Periodic updates.
- Tax Deductibility.

<http://www.lifestartfoundation.org.au/donate/>

Lifestart Foundation Inc. is a Deductible Gift Recipient under Australian tax law. All donations exceeding \$2 are an allowable tax deduction to the donor. Donations are via Paypal and charged in AUD.



UPDATE: 24/10/2025

**LIFESTART FOUNDATION ANNOUNCES
9 BILLION VND (MORE THAN \$520,000
AUD) IN NEW DONATIONS TO DA
NANG CITY**

We are delighted to announce that **Lifestart Foundation** has officially signed a **Memorandum of Understanding (MoU)** with the **Da Nang Union of Friendship Organizations**.

Under this agreement, Lifestart Foundation reaffirms our long-term commitment to supporting Da Nang City through ongoing philanthropic initiatives, with a total contribution of **over \$520,000 AUD (approx. 9 billion VND)**.

On behalf of Lifestart Foundation and our founder, Karen Leonard OAM, our In-Country Manager Ms. Nhung, signed this MoU with Mr. Binh - President of the Da Nang Union of Friendship Organizations.

Lifestart Foundation's support will be implemented through **educational and medical scholarships**, as well as **humanitarian assistance projects**, including but not limited to:

- **Scholarships** for disadvantaged students
- **Clean water filtration** systems
- **Essential and emergency supplies** for underprivileged children and families
- **Bicycles & Laptops** for students in need

Through these programs, we continue our mission of **empowering lives through education and compassionate community support**.

We extend our heartfelt gratitude to the Da Nang Union of Friendship Organizations for your ongoing trust, support and collaboration. With your continued partnership, Lifestart Foundation remains steadfast in transforming the lives of disadvantaged communities in Central Vietnam through sustainable philanthropic initiatives.

Please click on the link below to read more about this special event: <https://vietnamnews.vn/ngos->



UPDATE: 14/11/2025

WE HAVE REACHED 5,800 FOLLOWERS!

#THANKYOU for helping Lifestart Foundation to reach 5,800 Facebook followers and thank you to all of our amazing supporters, donors, and volunteers who make all of our important projects possible.

Our next goal is 5,900 followers so **please help us raise awareness by liking and sharing our posts**. It is an easy and simple way to help us.

Don't forget to like our page, share, and like this post to help spread the word.

<https://www.facebook.com/TheLifestartFoundation>

Lifestart Foundation Emergency Flood Relief Campaign



UPDATE: 28/10/2025

Lifestart Foundation's Emergency Flood Relief Appeal - Central Vietnam

Reach our campaign here: <https://chuffed.org/project/155648>

In recent days, severe flooding has devastated many communities across Central Vietnam, leaving thousands of families without homes, food, clean water, and basic

household items. Entire villages have been submerged, crops, livestock, and livelihoods destroyed, and families are struggling to recover.

At Lifestart Foundation, we are responding urgently to deliver critical relief supplies - including food, clean drinking water, blankets, and other emergency essentials - to those families and children most in need.

But we can't do this alone.

Your support today can bring hope and immediate relief to families who have lost everything. Every donation, no matter how small, will make a real and lasting difference.

Please donate if you can

- Share this post to help us reach more people
- Support us as we help the most disadvantaged families in Central Vietnam to rebuild their lives

Together, we can help families get back on their feet by repairing homes, replanting crops, replacing livestock and household items, and ensuring students have the books and equipment they need to return to school.



UPDATE: 30/10/2025

Emergency Flood Relief Appeal – Central Vietnam

Communities in Central Vietnam are currently experiencing some of the most severe floods

in history. Families have lost homes, livelihoods, and the means to meet their most basic needs.

While sharing photos and stories helps raise awareness, what's most needed now is practical support — so that as soon as the floodwaters recede, we can help families begin the long road to recovery.

Your donation will go directly towards providing:

- Food, clean water, and essential household supplies
- Assistance for farmers to replant crops and replace lost livestock
- Support for students to replace books and study materials lost in the floods

Every contribution, no matter the size, will help restore hope and stability to families who have lost so much. Together, we can make a real and lasting difference.

Please donate and share: Lifestart Foundation Emergency Flood Relief Campaign - <https://chuffed.org/project/155648>

(The images are sourced from the internet)



UPDATE: 31/10/2025

Heroes in the Heart of the Floods – Hue's Incredible Medical Teams

Can you believe these absolute rock stars? Even as floodwaters have reached hospital wards, the doctors and nurses at Hue Central Hospital continue to work tirelessly - caring for every patient with unwavering compassion, courage, and a smile.

Amid Hue's historic floods this week, their dedication reminds us of the extraordinary strength and kindness that shine brightest in times of crisis.

Many of our Lifestart Foundation Medical Scholarship students and resident doctors study, live, and serve right here in Hue. We couldn't be prouder of their resilience and the selfless care they continue to provide to their community - even while facing these unimaginable challenges themselves.

Let's keep them, and everyone affected by the floods in Central Vietnam, in our thoughts — and do what we can to support them as they help others through this difficult time.

Lifestart Foundation has launched an emergency flood relief fundraising appeal. Please support and share: <https://chuffed.org/project/155648>

Thank you to everyone who has already donated!

Image source: From the Internet & Hue Central Hospital.



UPDATE: 01/11/2025

Babies & Fur Babies Rescued – Everyone Needs Help Right Now

In Central Vietnam, as the floodwaters kept rising — it's not only families who need rescuing, but also their much-loved four-legged fur babies.

Entire communities are facing some of the worst floods in history. Homes, livelihoods, lives, and hope have been swept away. Yet amid this devastation, the spirit of compassion

remains - neighbours helping neighbours, rescuing children, pets, and anyone in need.

Lifestart Foundation Emergency Flood Relief Appeal – Central Vietnam

While many are working tirelessly to provide immediate food and water relief, we're focusing on helping families rebuild their lives once the waters recede.



UPDATE: 02/11/2025

The Elderly and Infirm – Rescued from the Rising Waters

In Central Vietnam, as the **floodwaters continued to rise**, the elderly and infirm found themselves trapped - unable to reach safety or dry land.

Thanks to the incredible courage of local rescuers, **lives have been saved**.

Entire communities are enduring some of the **worst floods in living memory**. Homes, livelihoods, lives, and precious

memories have been swept away. Yet even in the face of such devastation, the **spirit of compassion and unity shines bright** - neighbours helping neighbours, rescuing the elderly, the sick, children, pets, and anyone in need.



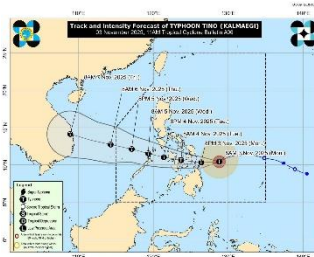
UPDATE: 03/11/2025

The Aftermath of the Worst Floods in Central Vietnam's History

As the floodwaters begin to recede across Central Vietnam, the **true scale of devastation** is becoming heartbreakingly clear. Entire communities have been left buried under thick mud and debris. Homes are caked in sludge, possessions destroyed, and lives uprooted.

Now, the **hard work really begins** - the massive clean-up effort to remove mud, debris, and waste from homes, schools, and fields. Only once this is done can families begin to assess what they've lost: loved ones, homes, crops, livestock, and all their household belongings.

This is where **your help is desperately needed**. Together, we can ensure that families have the support they need to rebuild their lives and communities from the ground up.



UPDATE: 04/11/2025

Central Vietnam Flood Crisis Update — November 3, 2025

After beginning recovery and cleanup from the first wave of devastating floods, the central

provinces of Hue, Da Nang, and Hoi An are once again underwater. Relentless rain and overflowing rivers have turned streets into rivers, and now a typhoon is expected to make landfall on Thursday, threatening even more destruction.

The human toll to date is heartbreaking — and sadly, these figures are expected to rise:

- 40 lives lost
- 60 people still missing
- 16,500+ homes flooded
- Hundreds of houses collapsed or severely damaged
- Thousands of hectares of crops and livestock destroyed

Communities are exhausted, and conditions remain extremely dangerous. Authorities warn of continued risks of flooding, flash floods, and landslides in the coming days.

This is where **your help is desperately needed**.



UPDATE: 06/11/2025

Flood & Landslide Update - Central Vietnam's Mountainous Regions - Reach our campaign here: <https://chuffed.org/project/155648>

As communities struggle to recover from the recent floods and landslides, families in the **mountainous regions** are now bracing for the arrival of a **typhoon**.

These families already live in **extreme poverty**, and the current devastation has left many with nowhere to turn. Homes have been destroyed, crops completely washed away, and

lives and livelihoods lost - making recovery almost impossible without our help.

Together, we can make a difference.

Your generosity can provide **emergency relief, food, clean water, and the means to rebuild** for those who have lost everything. Every donation, no matter the amount, helps bring hope and stability back to families in desperate need.

Please consider donating and sharing this post to help us reach more people who care.

Every act of kindness counts - and together, we can help these resilient communities rebuild their lives.

Latest figures:

- 53 people dead and still missing
- 129 people injured
- 108 houses collapsed or swept away
- 694 houses damaged
- More than 79,800 houses submerged
- More than 11,300 hectares of rice and crops destroyed
- More than 152,100 livestock dead or swept away
- Many educational, healthcare, transportation, and irrigation facilities severely affected

Sadly, these figures are expected to rise.

Lifestart Foundation's Emergency Flood Relief Appeal - Central Vietnam

Reach our campaign here: <https://chuffed.org/project/155648>

(Images sourced from the Internet)



UPDATE: 27/11/2025

LIFESTART FOUNDATION & ODYSSEY INTERNATIONAL SCHOOL: SUPPORTING FLOOD RELIEF IN CENTRAL VIETNAM

Lifestart Foundation is very grateful to receive a donation from Odyssey International School.

Central Vietnam is currently facing one of the most severe flooding events in recent history. Many families have lost their homes, livelihoods, and access to essential resources, leaving them in urgent need. In support of the Lifestart Foundation Emergency Flood Relief Campaign, Odyssey International School - OIS raised 11,500,000 VND to help those affected by the disaster.

Thanks to the support from Odyssey International School, your donation will be used directly to provide:

- Food, clean water, and essential household supplies
- Support for farmers to replant crops and replace lost livestock

- Assistance for students to replace books and study materials damaged in the floods
- Assisting flood-affected families in reconstructing their homes after the historic disaster

We extend our heartfelt gratitude to Odyssey International School for their trust and generosity.

We look forward to a continued partnership to uplift even more disadvantaged people in need.

We kindly ask for your support by making a donation, and assistance in sharing our campaign:
Lifestart Foundation Emergency Flood Relief Campaign: <https://chuffed.org/project/155648-emergency-flood-relief-appeal-central-vietnam>